

April 3, 2008



The

PolyHarvester

Volume 5, Cycle 2

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This Week's Harvest:

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Movie Night

CSA members are invited to attend a community movie night! Joni Adamson and the PolyHarvest CSA will be presenting *The Real Dirt on Farmer John*, the story of one of the pioneers of community supported agriculture and organic farming! *The Real Dirt on Farmer John* will be shown on April 10th at 7 p.m., right after CSA pickup in the Union. RSVP to Dr. Wharton if you plan to attend!

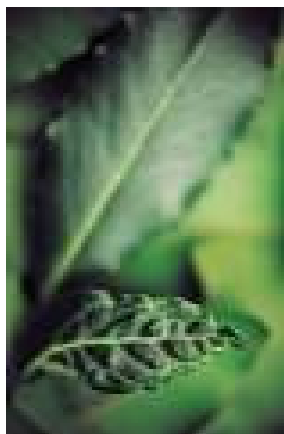


Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu



Swiss Chard

Swiss chard is similar to spinach and beets with a flavor that is bitter, pungent and slightly salty, and it is one of the more impressive vegetables given its amazing array of nutrients: swiss chard is high in vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber.

A few ideas to enjoy your Swiss chard: Wrap Swiss chard leaves around your favorite vegetable and grain salad and roll into a neat little package. Bake in a medium-heat oven and enjoy this nutrient-superstar alternative to stuffed cabbage. Toss penne pasta with olive oil, lemon juice, garlic, and cooked Swiss chard. Add zest to omelets and fritatas by adding some steamed Swiss chard. Use chard in place of or in addition to spinach when preparing vegetarian lasagna.

This and much more information on Swiss chard and many other foods can be found at www.whfoods.org

The PolyHarvester Recipiece

Swiss Chard with Raisins and Almonds

Gourmet, February 2008

Ingredients

- 1/2 large onion, sliced lengthwise 1/4 inch thick (1 cup)
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon Spanish smoked paprika
- 2 lb Swiss chard, center ribs discarded and leaves coarsely chopped
- 1/2 cup golden raisins
- 1/2 cup water
- 1/4 cup coarsely chopped almonds with skins

Preparation

Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.

Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.

Escarole with Pine Nuts

Gourmet, January 2007

Ingredients

- 2 lb escarole (about 2 heads), tough outer ribs discarded and remainder cut into 2-inch pieces
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons pine nuts
- 3 large garlic cloves, finely chopped
- 3/4 teaspoon dried hot red-pepper flakes

Preparation

Wash escarole well in a sinkful of cold water, agitating it, then lift out and drain in a colander. Cook escarole in a 5- to 6-quart heavy pot of boiling salted water, uncovered, stirring occasionally, until tender, 5 to 10 minutes, then drain well in colander.

Dry pot, then add oil and heat over moderate heat until hot but not smoking. Add pine nuts to hot oil and cook, stirring, until pale golden, about 1 minute. Add garlic and red-pepper flakes and cook, stirring, until garlic and pine nuts are golden, 1 to 2 minutes.

Add escarole, stirring to coat with oil, then increase heat to moderately high and cook, stirring occasionally, until most of liquid is evaporated, 3 to 5 minutes. Season escarole with salt and pepper.